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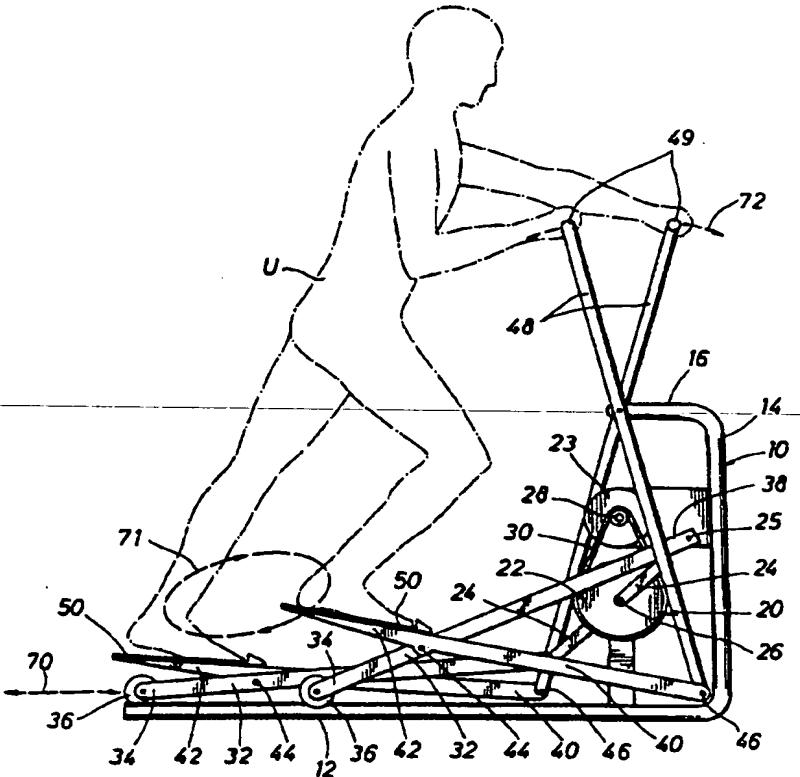
INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(51) International Patent Classification ⁶ :	A1	(11) International Publication Number: WO 96/22814
A63B 22/04, 69/16		(43) International Publication Date: 1 August 1996 (01.08.96)
(21) International Application Number: PCT/US96/01101		(81) Designated States: AU, CA, CN, JP, MX, European patent (AT, BE, CH, DE, DK, ES, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE).
(22) International Filing Date: 25 January 1996 (25.01.96)		
(30) Priority Data:		Published
08/377,846 25 January 1995 (25.01.95) US		With international search report.
08/426,467 19 April 1995 (19.04.95) US		Before the expiration of the time limit for amending the claims and to be republished in the event of the receipt of amendments.
08/467,596 6 June 1995 (06.06.95) US		
08/497,612 30 June 1995 (30.06.95) US		
08/503,301 17 July 1995 (17.07.95) US		
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(54) Title: STATIONARY EXERCISE APPARATUS

(57) Abstract

A stationary exercising device which promotes cardiovascular exercise yet minimizes impact to critical joints, is disclosed. A base frame (12) supports a pair of reciprocating members (40) which are displaced in a horizontal direction parallel with the floor at one end yet reciprocate in a circular motion at the other end through a coupling system (32) attached to the frame. Structure is included which permits each foot of the user to move in a closed loop path (71), preferably a generally elliptical path during the climbing exercise. This provides for more natural movement of the knee and ankle joints minimizing unnecessary stress on the joints yet permitting a cardiovascular workout, and means for orienting the bottoms of the user's feet so that foot platforms of the device remain substantially parallel to a reference plane while following the closed, preferably elliptical path. The device may also include linkage (48) to facilitate a corresponding upper body exercise.



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1 STATIONARY EXERCISE APPARATUS

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EC: A63B23/04B3; B62K3/00B; (+2)

IPC: A63B22/04; A63B69/16

Publication info: **WO9622814** - 1996-08-01

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